

PILLAR SHAKE AND SHARE

PROFICIENCY 9-12

5-PA-P1 PO 1, 2, 3

EQUIPMENT: A parachute (small, medium or large) 40 + soft foam or light plastic balls with the name of a CC! pillar written on each ball. Pillar names should end up repeating themselves approximately six times. Four separate crates (boxes or other containers) that can hold retrieved game balls. Label crates # 1, # 2, # 3, and # 4.

PARACHUTE CUES: Hold thumbs down fingers on top. **No** body parts in or through center hole -- Verbal cues: **Fruit basket** = arms extended toward feet - chute held still and quiet below waist **Umbrella** = Raise chute above head/lower to below waist - **Outside Mushroom** = Raise chute above head/lower to ground hands tight to the ground/nobody lets go - **Inside Mushroom** = Raise chute above head/ face outside as you lower chute tight to ground - chute is now covering all participants – nobody lets go **Soft Waves** = start with fruit basket then softly move and lightly shake parachute - **Hurricane** = fruit basket/vigorously shake ***Special Note: Substitute appropriate parachute cues used at your location if your terms are different from those listed above.***

Warm-Up: Practice a variety of commands listed under CUES

OBJECT OF ACTIVITY: Follow safety rules; Behave appropriately in a Pillar Sharing Circle; Show respect and consideration for oneself and others

PILLAR SHAKE AND SHARE: Assemble students around parachute. Complete warm-up. Assign students to crates 1, 2, 3, or 4. Explain Rules: Game balls will be placed on parachute – On the leader’s “go signal” students shake (**Hurricane**) all game balls off the chute. When all game balls have left the parachute tell students report to their pre-assigned crate - At the leader's signal - Each team sends out **ONE** team member **at a time** to retrieve one ball and place it in their crate - Repeat until all balls are gone - When a two whistle stop signal is given all team members are to sit in a sharing circle around their crate. Each team member selects a pillar ball and shares an “example of” or “story” illustrating that pillar. Stress that each person’s sharing story should be very brief (about 30 seconds for larger classes). When all members have shared once they are to jog in place or stretch until the leader signals them to stop. **Optional activity:** Students return to large group for general sharing and processing of the activity. Talk about what made it safe or unsafe to share in the group. How can this activity be applied in real life?

FOLLOW-UP: Use game as a lead-in to discussions about peer pressure and the power of being a "Pillar- Based" person....

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“CHARACTER IN MOTION”

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